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Lindsay Wright RN



# Town Of Abington

## Coronavirus

**DATE: January 10, 2022**  
**TOWN: Abington**

**CONTACT: Marty Golightly**  
**TELEPHONE: 781-982-2119**

### \*\*\*\*Face Masks Advisory\*\*\*\*

## **The Town of Abington Board of Health Is Advising All Residents and Visitors to Use Face Masks Indoors and at Public Locations.**

As a result of increasing cases, the Town of Abington's Board of Health and Health Department are advising all residents and visitors, regardless of vaccination status, to use masks while indoors and at public locations when physical distance is not possible.

The hospitals and health care systems are being pushed to the edge or already at capacity and to support these systems as best we can we recommend the below steps:

Prolonged exposure indoors with large numbers of people can be the cause of vaccinated individuals becoming infected. As a result, we recommend even vaccinated people wear a mask indoors.

The increased virulence of the Delta and Omicron variants, and its high ability to infect even those vaccinated in some cases, means that masking and distancing are strongly recommended at this time. We also encourage all businesses to support work from home or limited face to face interactions as much as possible to include recommendations that all in-person meetings be switched to virtual options.

Please keep your safety, and the safety of those around you, in mind.

<https://www.mass.gov/info-details/covid-19-response-reporting#covid-19-county-level-data-reporting->

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

O Conselho de Saúde da cidade de Abington está aconselhando todos os residentes e visitantes a usarem máscaras faciais dentro de casa e em locais públicos.

Como resultado do aumento de casos, o Conselho de Saúde e o Departamento de Saúde da cidade de Abington estão aconselhando todos os residentes e visitantes, independentemente do estado de vacinação, a usar máscaras em ambientes fechados e em locais públicos quando a distância física não for possível.

A exposição prolongada em ambientes fechados com um grande número de pessoas pode ser a causa da infecção de indivíduos vacinados. Como resultado, recomendamos que até mesmo as pessoas vacinadas usem máscara em ambientes fechados.

O aumento da virulência das variantes Delta e Omicron, e sua alta capacidade de infectar até mesmo os vacinados em alguns casos, significa que o mascaramento e o distanciamento são fortemente recomendados neste momento.

Por favor, mantenha sua segurança e a segurança das pessoas ao seu redor em mente.

Correct and consistent [mask use](#) is a critical step everyone can take to prevent getting and spreading COVID-19. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has.

### Two important ways to make sure your mask works the best it can

**Make sure your mask fits snugly against your face.** Gaps can let air with respiratory droplets leak in and out around the edges of the mask

**Pick a mask with layers to keep your respiratory droplets in and others' out.** A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.



For more information on wearing a mask and personal protective equipment in healthcare workplaces, see [Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#).

### Choose a mask with a nose wire

- A nose wire is a metal strip along the top of the mask
- Nose wires prevent air from leaking out of the top of the mask.
- Bend the nose wire over your nose to fit close to your face.



### Use a mask fitter or brace

- Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.



### **Check that it fits snugly over your nose, mouth, and chin**

- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.



### **Add layers of material**

2 ways to layer

- Use a cloth mask that has multiple layers of fabric.
- Wear a disposable mask underneath a cloth mask.
  - The cloth mask should push the edges of the disposable mask against your face.

### **Make sure you can see and breathe easily**



### **Knot and tuck ear loops of a 3-ply mask**

- Knot the ear loops of a 3-ply face mask where they join the edge of the mask
- Fold and tuck the unneeded material under the edges
- For instructions, see the following <https://youtu.be/GzTAZDsNBe0> external icon.



### **Other things to consider**

Certain types of facial hair, like beards, can make mask fitting difficult. People with beards can do one or more of the following:

- Shave their beards.
- Trim their beards close to the face.
- Use a mask fitter or brace.
- Wear one disposable mask underneath a cloth mask that has multiple layers of fabric. The second mask should push the edges of the inner mask snugly against the face and beard.

Masks designed for people with beards are being evaluated, and information will be provided when it becomes available.